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JUL 18 2007

**II. AMENDMENTS TO THE CLAIMS:**

*The listing of claims is as follows:*

What is claimed is:

1. (currently amended) A method for health enhancement ~~wherein said health enhancement comprises~~ comprising the steps of ingesting:
  - four thousand mgs. of flax oil daily;
  - four thousand mgs. omega-3 oil daily;
  - 1250 mgs. shark cartilage daily;
  - 600 mgs. montmorillinite minerals daily;
  - two thousand mgs. vitamin C daily;
  - 25,000 IU beta carotene every two days;
  - four tablets daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavonoids, papain, rose hips, rutin, and coenzyme Q10;
  - two tablets daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
  - four capsules daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavonoids, rutin and quercetin;
  - 1200 mgs. Cat's Claw daily;
  - two capsules daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;
  - an additional 800 IU vitamin E daily;

- six ounces essiac tea daily; and
- hydrazine sulfate.

2. (previously presented) A method for health enhancement as described in claim 1 wherein said step of ingesting hydrazine sulfate comprises the step of ingesting hydrazine sulfate according to a prescribed hydrazine sulfate schedule that comprises 60 mgs. hydrazine sulfate daily for the first 3 days of use of said method; 120 mgs. hydrazine sulfate daily for days 4, 5 and 6 of use of said method; and 180 mgs. hydrazine sulfate daily for days 7 through 52 of use of said method.
3. (previously presented) A method for health enhancement as described in claim 2 further comprising the step of refraining from ingesting hydrazine sulfate for days 53 through 60 of use of said method.
4. (previously presented) A method for health enhancement as described in claim 1 wherein said step of ingesting six ounces essiac tea daily comprises the step of ingesting two ounces of essiac tea three times daily at least 20 minutes prior to eating.
5. (canceled)
6. (previously presented) A method for health enhancement as described in claim 1 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
7. (previously presented) A method for health enhancement as described in claim 1 further comprising the step of ingesting cruciferous vegetables daily.
8. (previously presented) A method for health enhancement as described in claim 1 wherein said method comprises a cancer treatment method.

9. (currently amended) A method for health enhancement ~~wherein said health enhancement method comprises~~ comprising the steps of ingesting:
- two thousand mgs. of flax oil twice daily;
  - two thousand mgs. omega-3 oil twice daily;
  - 1250 mgs. shark cartilage twice daily;
  - 300 mgs. montmorillinite minerals twice daily;
  - one thousand mgs. vitamin C twice daily;
  - 25,000 IU beta carotene every two days;
  - two tablets twice daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavenoids, papain, rose hips, rutin, and coenzyme Q10;
  - one tablet twice daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
  - two capsules twice daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavenoids, rutin and quercetin;
  - 600 mgs. twice daily of cat's claw;
  - one capsule twice daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;
  - an additional 400 IU vitamin E twice daily;
  - two ounces essiac tea three times daily; and
  - hydrazine sulfate according to a prescribed hydrazine sulfate schedule, wherein said hydrazine sulfate schedule comprises 60 mg. hydrazine sulfate daily for the first three days of use of said method; 120 mgs. hydrazine sulfate daily for days 4, 5 and 6 of use of said method; and 180 mgs. hydrazine sulfate daily for days 7 through 52 of use of said method.

10. (previously presented) A method for health enhancement as described in claim 9 further comprising the step of refraining from ingesting hydrazine sulfate for days 53 through 60 of use of said method.
11. (previously presented) A method for health enhancement as described in claim 9 wherein twice daily comprises each morning and evening.
12. (previously presented) A method for health enhancement as described in claim 9 or 11 wherein said step of ingesting two ounces essiac tea three times daily comprises the step of ingesting two ounces of essiac tea three times daily at least 20 minutes prior to eating.
13. (canceled)
14. (previously presented) A method for health enhancement as described in claim 9 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
15. (previously presented) A method for health enhancement as described in claim 9 further comprising the step of ingesting cruciferous vegetables daily.
16. (previously presented) A method for health enhancement as described in claim 9 wherein said method comprises a cancer treatment method
17. (previously presented) A method for health enhancement comprising the steps of ingesting:
  - four thousand mgs. of flax oil daily;
  - four thousand mgs. omega-3 oil daily;
  - 5000 mgs. shark cartilage daily;
  - 600 mgs. montmorillinite minerals daily;
  - two thousand mgs. vitamin C daily;
  - 10,000 IU beta carotene daily;

- six tablets daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavonoids, papain, rose hips, rutin, and coenzyme Q10;
- two tablets daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
- four capsules daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavonoids, rutin and quercetin;
- 1200 mgs. daily, each including:
- two capsules daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;
- an additional 800 IU vitamin E daily; and
- six ounces essiac tea daily.

18. (previously presented) A method for health enhancement as described in claim 17 wherein said step of ingesting six ounces essiac tea daily comprises the step of ingesting two ounces essiac tea three times daily at least 20 minutes prior to eating.
19. (canceled)
20. (previously presented) A method for health enhancement as described in claim 17 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
21. (previously presented) A method for health enhancement as described in claim 17 further comprising the step of ingesting cruciferous vegetables daily.

22. (previously presented) A method for health enhancement as described in claim 17 wherein said method comprises a cancer treatment method.
23. (previously presented) A method for health enhancement comprising the steps of ingesting:
- two thousand mgs. of flax oil twice daily;
  - two thousand mgs. omega-3 oil twice daily;
  - 2500 mgs. shark cartilage twice daily;
  - 300 mgs. montmorillinite minerals twice daily;
  - one thousand mgs. vitamin C twice daily;
  - 10,000 IU beta carotene daily;
  - three tablets twice daily, each including: 1,666 IU Vitamin A, 100 mg Vitamin C, 66 IU Vitamin D, 33 IU Vitamin E, 13 mcg Vitamin K, 2.5 mg thiamin, 2.8 mg riboflavin, 17 mg niacin, 3.3 mg Vitamin B6, 67 mcg folic acid, 10 mcg Vitamin B12, 50 mcg biotin, 10 mg pantothenic acid, 17 mg calcium proteinate, 25 mcg iodine, 17 mg magnesium, 2.5 mg zinc, 12 mcg selenium, 0.33 mg copper proteinate, 1.7 mg manganese, 34 mcg chromium, 17 mcg molybdenum, 17 mg potassium, 83 mg garlic cloves, 34 mg choline, 17 mg inositol, 17 mg PABA, 0.5 mg boron, 0.5 mg octosanol, 0.17 mg silicon, 17 mcg vanadium, and a blend of: chlorella, korean ginseng, lemon bioflavonoids, papain, rose hips, rutin, and coenzyme Q10;
  - one tablet twice daily, each including: 10 IU Vitamin D, 100 mg magnesium as citrate, 250 mg hydroxyapatite and citrate;
  - two capsules twice daily, each including: 10 mg pine bark extract, 40 mg grape seed extract and a blend of citrus bioflavonoids, rutin and quercetin;
  - 600 mgs. twice daily, each including:
    - one capsule twice daily, each including: pancreatin, lactase, lipase, amylase, catalase, chymotrypsin, trypsin, cellulase, and zinc gluconate;
    - an additional 400 IU vitamin E twice daily; and
    - two ounces essiac tea three times daily.

24. (previously presented) A method for health enhancement as described in claim 23 wherein said step of ingesting two ounces essiac tea three times daily comprises the step of ingesting two ounces of essiac tea three times daily at least 20 minutes prior to eating.
25. (previously presented) A method for health enhancement as described in claim 23 wherein twice daily comprises each morning and evening.
26. (previously presented) A method for health enhancement as described in claim 23 wherein said step of ingesting 10,000 IU beta carotene daily comprises the step of ingesting 10,000 IU beta carotene every morning.
27. (canceled)
28. (previously presented) A method for health enhancement as described in claim 23 further comprising the step of ingesting fat in a daily caloric amount that is no more than 25% total daily caloric intake.
29. (previously presented) A method for health enhancement as described in claim 23 further comprising the step of ingesting cruciferous vegetables daily.
30. (previously presented) A method for health enhancement as described in claim 23 wherein said health enhancement method comprises a cancer treatment method.

Claims 31-36 (canceled)